

# EGPE UPDATE

Monthly Health and Physical Education Update | Volume 4, Issue 6

## Monthly Spotlight:

Columbia High School 2018  
Indoor Track  
State Meet Participants

CHS Indoor track team members Dante Albanese, Alec Wright, Bobby Fredericks, Tyler LoPresti, John Powhida, Nicholas Stagnitta and AJ Weinstein participated in the NYS Track Meet on March 3<sup>rd</sup> at Ocean Breeze. AJ Weinstein finished 7<sup>th</sup> overall in the triple jump and Alec Wright finished 4<sup>th</sup> overall in the intersectional relay.

Triple jumper AJ Weinstein and the 4x4 team of Dante Albanese, Nick Stagnitta, Bobby Fredericks & Alec Wright qualified for Indoor Nationals at the Armory in NYC on March 10<sup>th</sup>. AJ currently holds the 10<sup>th</sup> highest ranked triple jump in New York State with a jump of 45'5.5".



## Capital Zone Conference 3/9

Registration is now open for the 2018 NYS AHPERD Capital Zone Conference. The Capital Zone Conference is being held at the Buchman Pavilion at Russell Sage College on March 9th. This is a good opportunity for meaningful professional development close to home.

### *Columbia Wrestling*

The Columbia High School Wrestling team had a season to remember. They won titles for Section 2, Class A Sectionals and the Suburban Council Divisional Championship. This is the first time the CHS wrestling team won all three titles. The team finished the season at 17-2 and had four Class A champions (Michael Gonyea, Jake Edwards, Michael Altomer and Pierce Hurd) & one Sectional champion (Michael Gonyea).



## *Upcoming Events*

3/23: K-12 Half Day PD

3/30-4/6: Spring Recess

5/28: Memorial Day

6/22: Superintendent's  
Conference Day

\*(please email the editor with any  
upcoming PE & Health dates)

## *EGCSD in Service Days*

Our upcoming professional development day schedule is as follows: March 23 and June 22. If you have any ideas on speakers or presenters let us know!

## *CHS Wrestlers: Michael Gonyea and Sariah Stewart*

Columbia High School wrestler Michael Gonyea is the first four-time Section 2 Champion in Columbia Wrestling history. Gonyea had 173 wins over his four years at Columbia. He finished fourth at the 2018 NYS Championships in the 126lb weight class.

Columbia High School wrestler Sariah Stewart won the first ever all female State Championship on February 16<sup>th</sup> in NYC.

## *2018 Capital Zone Leadership Awards*

Columbia High School students Amanda Lobban and Tyler Piel were the recipients of the 2018 Capital Zone NYS AHPERD Leadership Award. They represented the East Greenbush CSD for their outstanding service in physical education and athletics. The ceremony will be held on April 29<sup>th</sup> at Mallozzi's Restaurant in Schenectady.

## *Columbia Boy's Indoor Track*

The Columbia High School boy's indoor track team finished the year at 39-1 and won their first Section 2 title since 1983. Dante Albanese, AJ Cozzy, AJ Weinstein, Bobby Fredericks, Tyler LoPresti, Nicholas Stagnitta, Alex Wright, John Powhida, Jared Kehmna, Andrew Gatchell and Tommy Donohue all took home sectional titles.



CHS Boys Indoor Track - 2018 Sect. 2 Champs



## *CHS PE: February Students of the Month*

Donato Nunziata and Meaghen Spaulding were named Columbia PE Students of the Month for February. They received the award for outstanding effort, leadership, sportsmanship, and respect in physical education class.

## *CHS Girl's Bowling*

The Columbia High School girl's bowling team finished second at the Section 2 Championships. Sarah Steele was selected to the NYS All-Star team representing Section 2.